

## Inspiration Sentences

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(Revised: 31. May 2018 by Nicola Neumann-Mangoldt)

This is a collection of inspirational sentences from Clinton that he has either written down in his personal notes or put as a map in a training.

- Everything that's occurring in our life, every experience we have, is the curriculum we need in the moment. If we are present with that, we get exactly what we need to make quantum leaps in our consciousness.
- Integrity is getting the job done and not sacrificing the wellbeing of anybody in the process. Integrity is a condition in which all the conversations inside of us are consistent.
- Radical meaninglessness
- Wherever you make an assumption you cannot be responsible.
- **Pirating space**  
You could make it your intention to create endless experiments with subverting the ordinary. Pirate ordinary space invisibly for doing extraordinary experiments. If you are the sacrifice there is no enemy.
- **Get imagination back**  
Our mind is at war with our imagination. Mind has won. We can get our imagination back:
  1. **Magical:**  
surprising, nonlinear, impossible, wonderful, new perspective, unexpected, extraordinary
  2. **Transformational:**  
something changes, something is learned, something is healed, something is completed.
- Go through life and minimize expenses. What could be safer than living in the hands of bright principles? If you are being a PM you will be paid, because you are providing value.
- **Story comes first:**  
We sometimes use feelings to prove that a story is true. But if you look closely you will see that the story comes first and the feelings follow. This is why it is effective to work at the level of story.
- **Stories as vehicles:**  
The habit of creating stories to try to make reality seem solid and predictable can be replaced by the option to create stories as vehicles for growth, transformation, healing and play.
- **There are only two things in life:** bullshit and nothing. Learn to use the nothing. You are already good at using the bullshit.
- **Imperfection & Magic:**  
The domains where it is impossible to be perfect are the domains where magic

can happen. It is impossible to be a perfect partner, parent, leader. This is good news.

- The nature of reality is groundlessness. Human beings are designed to fly. Space pilot training school.
- **Violence vs. Relationship**  
Violence is the last resort of the incompetent (Isaac Asimov)  
Love is a function of communication (Werner Erhard)

Low Drama	High Drama
Violence	Relationship
Control	Possibility
Manipulation	Play
Threaten	Learning
Power over	Healing
Command	Transformation
Order	Discovery/Explore
Punish	Adventure
Survival	Real Living

No matter what is happening, you don't have to be in survival.

- **Relationship story:**  
In relationship your responsibility is to choose the quality of the story that you live into with the other person.

Is the story low drama victim:

There is not enough time and you don't understand me and you suvert or destroy everything I try to do on purpose

Or is it high drama responsible:

I appreciate the qualities of experiencing you in this moment, joyous radiant presence, communication, sharing, risk trust.

- **Liberating Potential:**  
To liberate potential, a shift of perspective is needed. Perspective is made of *attitude* and *behavior*.

New *ideas* produce a shift of attitude.

New *skills* produce a shift of behavior.

It is easy to assume that new ideas alone produce a shift of perspective. Bad assumption.

It is crucial to continuously expand your skillset and encourage others to do the same. Practice, practice, practice.

- Draw no conclusions mind (Lee Lozowick)  
You are responsible for your own conclusions.
- Consciousness creates freedom (from the box)
- **Fear is the way:**  
Fear is the way. Let the fear lead. Be scared 30% and do the thing that is scary, from now on for the rest of your life.
- **If we are not ready to die, we are not able to live.** The illusion is that we can change without dying. A good training is experiencing the death and resurrection show.
- **I must – I have to**  
This attitude is total self-deception. There is no must. There is only responsibility. Must makes expectations we can NEVER meet (e. g. perfection). That is its purpose: to disempower ourselves.
- **Leading**  
Leading has nothing to do with being the best, being perfect or knowing.
- **Projects**  
Putting integrity to your destiny results in a project.
- **The main rule**  
Never support weakness.  
Always support strength.  
Feeling the fear is strength.
- **Self-Trust**  
Self-trust is not something we do, it is something we are.
- **Stop planning. GO!**
- **Deconstruction**  
Before you can create something out of nothing you must first create nothing out of something. You need the nothing.
- **Reading Signs & Receiving Instructions**  
Precondition: Not too much noise. Sitting.  
  
Anything can be a sign, but not everything is a sign. (we can easily fool ourselves, e. g. if it is words it's lies).  
  
Defense strategy – keep things the same – projection VERSUS  
Receiving what is there as a physical urge from principles. Body with no box is a delicate instrument that can receive instructions and read signs from the principles that have designs, plans, needs, desires. Then we can decide if we want to do the experiment.
- If it is not neutral it is theater.
- **Keys for enacting archetypes in daily life**
  - Doer/Maker (Anger)  
Key: Be aware what % rage you are. Go only 10-30%, surf the energy wave and navigate. Thank the anger. Use the clarity without killing your client.
  - Communicator (Sadness)  
Key: Let yourself care about others more. Let yourself feel others pain.

- Creator (Fear)  
Key: Normally fear stops actions. Get that fear is the way. Start by taking the single action to say “I feel scared”. Then you are already in motion.
- Leader (Joy)  
Key: Start “I already have everything that I need”. Love yourself and others. Find something you can love about them. Give yourself and others permission. Make the sacrifice of taking responsibility. Trust that life can be that much fun. Sacrifice is you can be wrong, not know, be a target.

- Men are from earth. Women are from earth. Deal with it.
- If you do not expect anything, you can be satisfied.
- Relationship is only a side effect of evolution.
- **What is intimacy?**  
Be here now more. Presence, contact, archetypal love, attention, ecstasy, being with, authenticity. What intimacy doesn't work?  
  
Too much fear so we are using resentments to stay in the past. If we cannot be alone with ourselves, we cannot be with others.
- What if you get into intimacy and you don't like what you find?  
Likes and dislikes come from the box.  
Is intimacy full of love and beauty and grace? Is it neutral? Without like and dislike?
- Why give “normal” relationship any reality at all? Why allow yourself to be imprisoned in an antique normal? Who makes it normal? Who makes it extraordinary?
- **What is between you and self-respect?**  
If we think we are not being respected it is that we do not respect ourselves – we are engaging in actions that are beneath our dignity. We look at others to find evidence to project our self-disrespect onto.
- **2 Kinds of Ambition**  
You have a right to your true ambition
  1. True ambition: Their source is internal. They have been there forever. Serving them brings immediate satisfaction.
  2. False ambition: their source is external. They occur more recently, they come from outside of us. Serving false ambitions never brings us satisfaction.
- **Trust is a decision**  
If we do not trust others it is actually that we do not trust ourselves to take care of ourselves around others.
- **Releasing Resistance**  
Resistance is actually the limits of our view. To release the resistance, feel the resistance. When you are at the block, do you feel at ease? No. Do you want to feel at ease? Yes. Then bring your attention to the block. What is the purpose of

the block? Being with where the block comes from the block dissolves and block is released and it sets the energy free.

- I cannot control life. I CAN make efforts to stop the behaviors that continue my old habits. E. g. stop proving to him/her that he/she is wrong. I can declare that this is easy.
- If I don't know what to do this means that I can do anything.
- **Being with**  
We can be with regardless of the conversation. Split your attention. Focus on the being with. Make the being with far more important than anything else. Let the rest go by like a bullfighter.
- **Responsibility**  
Responsibility is the interest and willingness to source the necessary results. When you get past all the resistance, all the reasons, all the excuses, what is left is interest.
- **Sourcing**  
Sourcing is creating and feels the same as being in love. Responsibility is love in action
- **Conscious efforts**  
Go ahead, let your mind/box eat your life. Most people do. The way to not let the box run your life is to create for yourself a life of practice, meaning conscious efforts.
- **Instructions for your day**  
If your sitting space is a sacred space then sitting is when the principles get through the labyrinth of the box and give you instructions for your day.
- **4 Principles of Possibility (how to fame up the space of possibility)**
  1. Pure form thinking  
Old: analytical (focus, rational, logical, focus, action steps,)  
New: generative (scan, expansive, unpredictable, chaotic, wild, start where you are)
  2. Parallel Play  
controlled linear meeting vs. chaotic accepting the unexpected
  3. Creative Sanctuary  
creating is personal and delicate. What is put up stands up. Say what you want, not what you don't want.
  4. Responsibility  
Leader is responsible for outcome vs. each person is held responsible for what they say and do. Map of possibility
- **Possibility Managers**  
Care more than others think is wise.  
Risk more than others think is safe.  
Dream more than others think is practical.  
Expect more than others think is possible.
- **Solving a problem**  
The most important step when solving a problem is being capable to split your attention and reorganize a part of yourself to be one with the problem.

- In order to heal someone you must first find some way to love them.